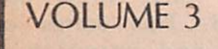
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Merle Gardner - Nursing is her life

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in meal planning and preparation. When your children are selecting their own meals, it's important that they choose foods that are nutritiously balanced. You can help your children to choose wisely by providing them with information about

An excellent way to encourage children to eat nutritiously is to involve them in daily meal planning and preparation. Child development experts agree that involving children in mealtime activities can be beneficial for the entire family.

together. Mealtime contributions can also help children to develop a sense of self esteem, giving them a feeling of accomplishment when the results are on the table. And finally, having extra assistance at mealtimes can be a real boost for parents on busy days when there just isn't enough time to get everything done!

A GROCERY STORE VISIT

Trip to the grocery store can be a good starting point in nutrition consciousness. Begin by asking your children to take an inventory of the kitchen cupboards. What do you need for a week's worth of nutritous snacks and meals? Help them to

Bring your "assistants" with you to the grocery store, giving them their own shopping lists of foods that they can pick out on their own. For example, you might ask them to select the cereals and breads. Make a trip a learning experience by asking for their help in selecting fruits and vegetables so that they can learn how to identify these foods when they are at their ripest.

AROUND THE HOUSE

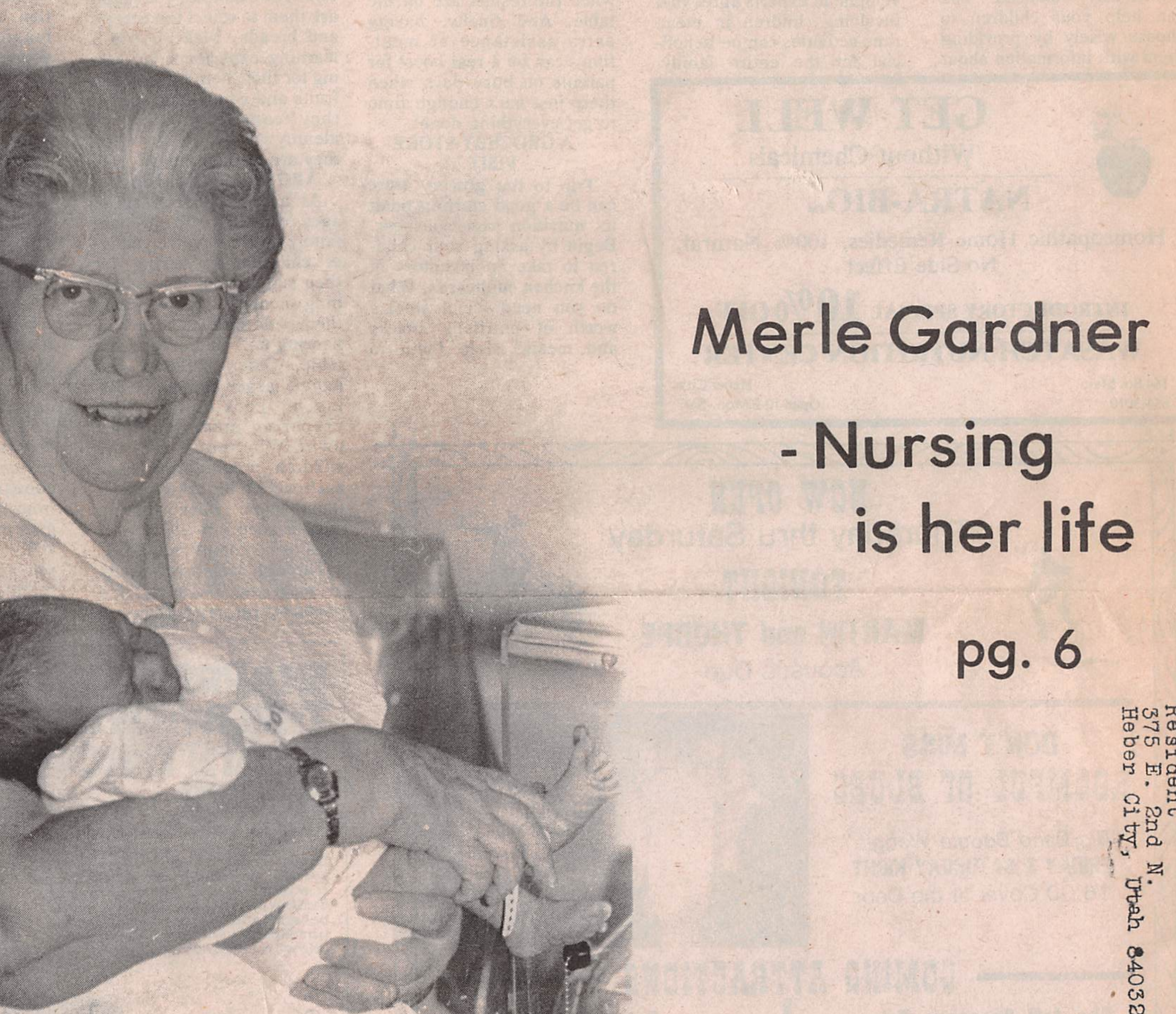
At home, children of all ages can help to prepare family meals. Involve younger children by asking for their suggestions when planning menus, and by asking them to do small jobs such as pouring milk and setting the table. Older children can handle larger chores, assisting in cooking or even preparing meals on their own. Why not have the children prepare one meal each week? Be sure and let them know when they've done a good job--every cook likes to be complimented!

Through daily involvement in mealtime planning and preparation, and through

that will carry them into adulthood. This series on children and nutrition is written especially for young people and their parents and includes nutrition information and suggestions from magician Willy Wonka, young America's nutrition spokesman.

Willy Wonka has been educating young audiences since early 1981, when Willy Wonka Brands, a leading manufacturer of quality candies, embarked upon a public service program designed to emphasize to children and their parents the benefits of maintaining a balanced diet. The firm recognized that in today's society, nutritional decisions are often left up to children. Decked out in his brown top hat, blue coat and tails and bright red shirt, Willy Wonka tours the country, stressing the importance of choosing foods carefully from the basic four food groups. With his magic, Willy Wonka reaches children in a positive way with sound nutritional advice on healthy eating habits.

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Merle Gardner

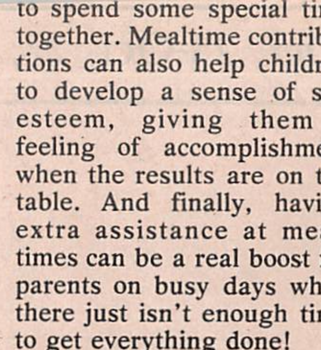
- Nursing is her life

pg. 6

Resident
375 E. 2nd N.
Heber City, Utah 84032

are more involved than ever in meal planning and preparation. When your children are selecting their own meals, it's important that they choose foods that are nutritiously balanced. You can help your children to choose wisely by providing them with information about good eating habits.

An excellent way to encourage children to eat nutritiously is to involve them in daily meal planning and preparation. Child development experts agree that involving children in mealtime activities can be beneficial for the entire family.



to spend some special time together. Mealtime contributions can also help children to develop a sense of self esteem, giving them a feeling of accomplishment when the results are on the table. And finally, having extra assistance at mealtimes can be a real boost for parents on busy days when there just isn't enough time to get everything done!

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